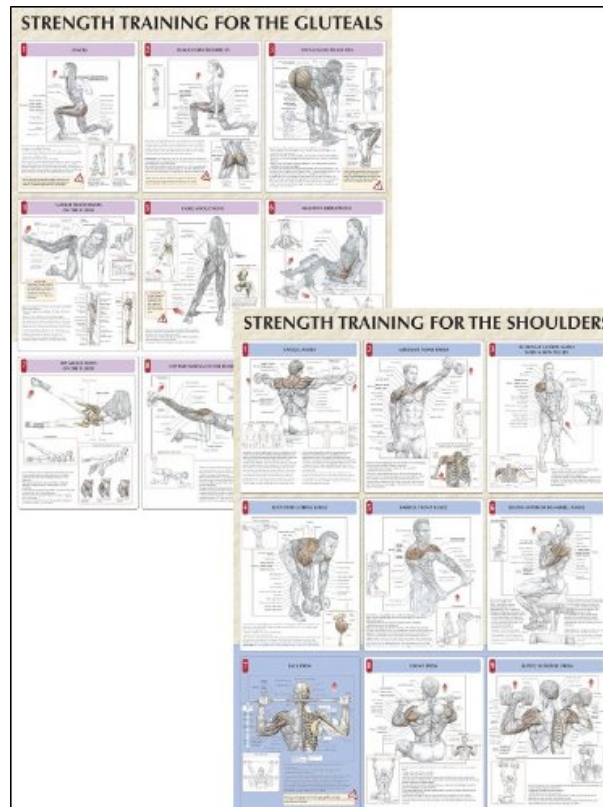
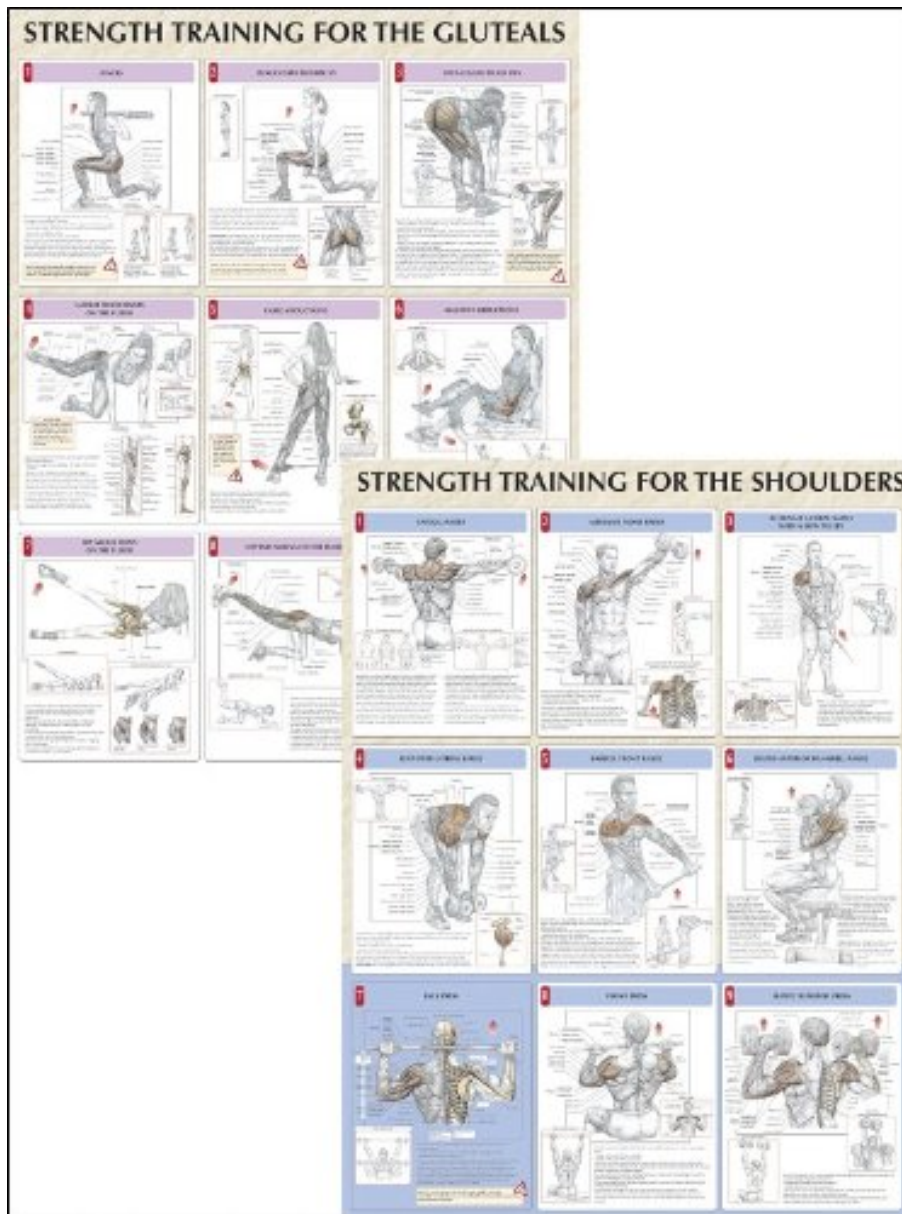


STRENGTH TRAINING ANATOMY POSTER SERIES BY FREDERIC DELAVIER



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Using the same masterful anatomical artwork that helped the Strength Training Anatomy and Women's Strength Training Anatomy books sell over 1,000,000 copies combined in the United States, the Strength Training Anatomy Poster Series consists of seven 24- x 31-inch full-color posters that fully illustrate every major muscle group. The seven posters can be ordered individually or as a full set.

Each region-specific poster--back, arms, shoulders, chest, abdomen, gluteals, and legs--presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. Presenting more than 63 exercises in total, these posters serve as blueprints for strength trainers, bodybuilders, and professionals who wish to work each muscle group safely and maximize the benefits of every workout.

- Sales Rank: #882842 in Books
- Brand: Human Kinetics
- Published on: 2005-03-31
- Original language: English
- Dimensions: 37.00" h x 4.00" w x 4.00" l,
- Binding: Poster
- 1 pages

Features

- MPN: 9780736059312
- Authentic Human Kinetics product!
- Made in the United States

Most helpful customer reviews

0 of 0 people found the following review helpful.

Still the Standard for Weight Training Posters

By Amazon Customer

To quote an earlier review from 2008, "...The incredible artwork from illustrator Frederic Delavier's best selling Strength Training Anatomy book repurposed as a series of 7 high-quality posters. A fantastic resource for the gym or weight room!...". This short review really sums up this product. It is great reference material for you to have in your gym. Delavier's books probably contain more detailed information, but I would not know for sure since I have not actually read them. However, if you just want to get down to work on the body parts you want, with minimal fuss, these laminated charts are it. I have them in my personal gym, and they are informative and motivational. They are also interesting for kids who are studying anatomy in high school...

My only gipes are that the official description on Amazon does not make clear you are getting 7 laminated

posters, covering the different sections of the body (legs, chest, shoulders, arms, etc.). 7 for about \$10 each. Trust me, its a bargain. My other gripe is that the poster dimension is non-standard: 23.5 x 31.5 inches. In order to fit into standard (and cheap) poster frames, you can either trim the sides so much that the posters look too cropped, or you can by an oversized poster frame and cut it down to size. They should have just made the posters slightly bigger, or smaller. Small issues, for an otherwise great product.

0 of 0 people found the following review helpful.

Strength Training Anatomy Posters - Great for a workout room

By Offlix

I really loved the information and artwork provided in these strength training anatomy posters. It is great to visualize the muscle movements before doing an exercise. This information provided is very basic and you may already know it, but the posters are a great addition to a home workout room.

I can also see this being useful if you have teens or young adults who are starting to workout for the first time.

It is really great to have something covering the walls that is workout related.

Positives -

- 1.) The artwork/illustrations by Frederic Delavier are wonderful
- 2.)The posters are laminated, so you don't have to worry about them falling apart after a few months.

Negatives -

- 1.) Basic, but useful information provided on posters
- 2.) The posters are rolled up tightly, so it does take some time to straighten them out

0 of 0 people found the following review helpful.

The quality of the graphics is amazing and detail of the anatomy is awesome

By Kathy

The quality of the graphics is amazing and detail of the anatomy is awesome. Great posters to hang on the wall in a home gym. Biggest drawback in the unusual size of the posters which makes it difficult to find a frame that fits them.

See all 22 customer reviews...

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